

Your Waring Cookbook

The Pleasure of Blending

For the 7-speed blender



IMPORTANT SAFEGUARDS

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BAC

When using electrical appliances, basic safety precautions should always be observed including the following:

1. Read all instructions.
2. To protect against electrical hazards do not immerse the Blender Base in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord set or after the appliance has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of attachments including canning jars not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands as well as spatulas and other utensils away from moving blades to prevent injury and/or damage to the blender.
11. Blades are sharp. Handle carefully.
12. If your blender utilizes a removable Jar Base and Blade Assembly, to avoid injury never place cutting blades on base without container properly attached.
13. Always operate blender with cover in place.

SAVE THESE INSTRUCTIONS

Your Blender Cookbook

The Pleasure of Blending

MEET YOUR BLENDER

Getting to know your blender is easy, and what is more, it's fun! Your Blender adds a new dimension to your kitchen. It is the wire whisk, the rotary eggbeater, and the electric hand mixer all rolled into one—and then some. It will whisk, mix, grate and grind, blend, puree and liquify. All in seconds—not minutes, but seconds!

The secret of enjoying your blender is to use it. Use it every day. When you read a recipe or when you begin to cook, consider how much the blender can do for you. You will be amazed at the number of times it can be included in your cooking and, whether you are a beginning cook or an advanced one, this modern cooking tool can give you a flexibility you have never before achieved.

Above all don't put it out of reach. Putting your blender high on a shelf or in a cupboard is like having no blender at all. The look of the blender on a kitchen counter is the look of a modern kitchen. The use of the blender in everyday cooking is the sign of a pacesetter in today's world of creative cooking.

A real plus factor in using your blender is that it creates better consistency in a recipe. It provides the correct texture throughout a mixture—a very important factor in so many recipes. It also will disperse seasonings evenly throughout a mixture, giving balanced flavor with every bite.

With all this available at just the push of a button, you will really be pleased to be the owner of a new Electric Blender. Here's to happy hours cooking the blender way!

MODEL NUMBER

To find the MODEL NUMBER of your blender, turn the blender base over, and you will find it printed on a decal on the bottom of the base. This number is important to you when you need additional information from us concerning your blender, or if your blender needs servicing. This number gives us or one of our authorized service stations the information that is needed to identify the exact model, style and features. Please include this number in any correspondence. It will help us take care of your needs more efficiently.

BLEND CONTROL

If you have this feature on your model you will have the ultimate in blender control and flexibility. Blend control lets you gain perfect results more quickly and easily. To use this feature turn BLEND CONTROL knob to FLASH BLEND position then, simply press any of the speed buttons and it will set the blades instantly into action at the speed you need. The blades are in action only as long as you keep the button depressed. If you need only an instant whirl, release finger instantly. For longer blending keep finger on the button as long as you need for the job you want done. This puts you in complete control for speed and time of blending. The more you use this feature the more you will wonder how you ever did without it.

CRUSHING ICE

There are some drink recipes that include Ice Cubes with the list of ingredients. When the cubes are added to the liquid ingredients in the container and then blended the ice will be crushed to some degree. This is perfectly correct and acceptable and will not harm the blender. The blender is capable and made for this kind of crushing. The liquid helps the blades to perform under this condition.

Ice cubes as an ingredient in a drink are used for chilling or for creating a frosted beverage. In most instances, the blending with the ice cubes is only for a short time and the drink is strained to eliminate the remaining cubes. When making a gelatin the cubes are used to help set the mixture more rapidly. The remaining cubes are also strained before setting. If the Blender Jar is chilled before using dilution of a mixed drink will be reduced.

When a recipe calls for crushed or cracked ice, it means ice that already has been crushed by other means. A special ice crusher attachment for your blender is available through the retail outlet where your blender was purchased.

YOUR NEW ELECTRIC BLENDER

Your electric blender has a powerful motor, which gives you greater blendability on different speeds.

Your electric blender can operate in a wide range of speeds from very low to very high. The low speed is gentle enough to whip cream without turning it to butter. The highest speed is fast enough to pulverize hard beans or peas or grate hard cheese or chocolate.

CONTAINER COVER

The two-piece cover has a removable clear center set deeply into an outer section that fits the top of the container snugly.

CONTAINER

The unique cloverleaf shape of the blender container, with its specially engineered surgical stainless steel blades, forces ingredients into a vortex. As the blades revolve, food is drawn into the blades, which reduce it in size, blend it to a puree or liquefy it. There are no corners to trap large pieces of food and prevent even blending. The durable glass container is resistant to heat and cold.

MOTOR

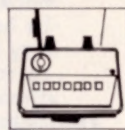
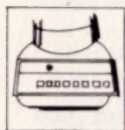
Your electric blender meets all requirements of the Underwriters' Laboratories. The lifetime lubrication is sealed into the air-cooled motor; it never needs oiling or greasing. It operates on 120 volts AC only.

AUTOMATIC 60 SECOND TIMER

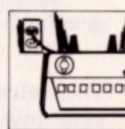
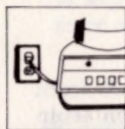
If your blender model has an Automatic Timer it may be set from 1 to 60 seconds, and takes the guesswork out of blending because it stops itself at the end of the blend. Set timer **BEFORE** pressing speed button. Or you can blend non-automatically by simply turning timer left to a **MANUAL** or **REGULAR SETTING**.

HOW TO USE YOUR 7-SPEED BLENDER

1. Press OFF button.



2. Plug Blender cord into convenient outlet.



3. Place container firmly on drive mechanism on center of base.



4. Put ingredients into container and cover.

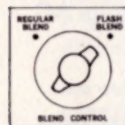


5. For Regular or Manual Blending: Press any of the 7 Speed Buttons according to recipe instructions.



If your blender has the BLEND CONTROL feature, make sure that the BLEND CONTROL knob is in the REGULAR BLEND position.

6. For instant ON/OFF blending action, press the FLASH BLEND button. The blades will continue to turn for as long as you keep the FLASH BLEND button depressed.



If your blender has the Flash Button, it will operate with the push button in the OFF position. The blade will continue to turn as long as you keep the Flash Blend Button depressed.

If your blender does not have the above features, you can achieve the same result by first pressing the desired speed button and then immediately pressing the OFF button. This can be done in quick succession.

Becoming Acquainted with Dyna Blend

... If you have never used a blender before, we highly recommend you take the time now to read the first few pages of the enclosed Cook Book. It will introduce you to the Art of Basic Blending . . . If you have had experience with blending, we suggest you take just a minute to review these pages. We know you will be happy you did!

... Now, with the basics well in mind, it is time to become acquainted with the SPECIAL feature of your new blender, DYNA BLEND!

... DYNA BLEND is, without a doubt, one of the most exciting new innovations in blenders. Set the dial to Dyna Blend and press any speed selector button. Your new blender will now provide an automatic and continual program of intermittent ON and OFF blending.



This interrupted cycling brings the blending process closer to perfection. When the rotating blades stop, food rests on the lower part of the container and over the blades. As the action of the motor begins again, the blades spin the food up, dislodging it and continuing the job of blending to suit you! (Note: If blender fails to start when you push button, wait for a second or so since it may be in its "OFF" phase of DYNA BLEND. See illustration).

DYNA BLEND PROVIDES INTERMITTENT ON/OFF ACTION AS SHOWN BELOW



ON — food is chopped and thrown to sides . . .



OFF — food falls back to blades . . .



ON — food is chopped and thrown to sides . . .



OFF — food falls back to blades . . .

etc. . .

Looking through the glass container you can easily see at what stage of blending the food is. . . Press the "stop" button at your chosen time and you are ready to proceed with the remaining cooking or serving to be done.

Dyna Blend and Regular Blend Settings

After using your new blender you will soon know which feature (Dyna Blend or Regular Blend) to select for the variety of blending to be done. Generally speaking you will perhaps select Dyna Blend for most of your whipping, shredding, grating, chopping, grinding and crumbing. Regular Blend most often for stirring, beating, mixing, shaking, blending, pureeing and liquifying. It is always nice to know, however, that you can easily switch from one blending to the other to satisfy your particular need at time of blending.

Use of Optional Ice Crusher Attachment

When using your Blender with the optional Ice Crusher Attachment, the Ice Crusher must be mounted as shown in the illustration (spout facing to rear of Blender). When crushing ice, your Blender must be operated on the Regular Blend setting.



Do not use Dyna Blend when crushing ice.

How to Remove Food from Container



1. Hold container firmly in one hand and invert over serving bowl.
2. Insert narrow rubber bottle scraper and rotate blades with it while scraping food away from each of the cloverleaves.



How to Clean the Container



1. Fill container 1/3 full with hot water. Add a few drops of detergent.
2. Cover and blend a few seconds to get sparkling clean.
3. Rinse and dry. Return to Blender base and run 5-10 seconds.

How to Remove Snap-out Blades for Special Cleaning

If your Blender has this feature, you should remove the blades only if food is stuck under them or you have blended sticky ingredients.



1. Place container on its side.
2. Unfasten locking device on bottom of jar by lifting up toward you.
3. Push out blade assembly and rubber O ring, taking care not to lose ring in cleaning.

How to Replace Snap-Out Blades



1. To replace blade assembly, place container on its side. Insert rubber O ring in groove under blade-assembly base and insert blade assembly into hole in bottom from inside container.
2. Hold blades in place with fingers. Raise the container.
3. Grasp the bent-up flange of the locking device between index finger and thumb of the other hand. Locate the round wire properly by pushing flange against bottom of the container. Pull round wire into slot and press lever down to lock.

GENERAL HINTS

SPEED SELECTION

When preparing recipes of heavy consistency such as dried fruits, cheeses, or fibrous fruits and vegetables, be certain to use the highest Blender speed. On 8 push button Blenders, high speed is button number 8.

Maximum motor power is obtained by using the high speed button.

MIXING HARD AND SOFT FOODS

When you chop a mixture of hard and soft foods, first place hard foods in the container and blend a few seconds. Then remove cover, add soft foods and complete blending. The result is an evenly textured mixture of food. Hard foods such as carrots, hard cheese and chocolate should be cut up into pieces about 1 inch long.

FREEING THE MOTOR

If food lodges under the blades or the mixture becomes too thick to flow into the blades, stop the motor and push the food down with a rubber spatula. Then continue blending. Stop as often as you need to. The end result will not be affected.

Do not overwork your motor. Move to a higher speed to dislodge food.

FLASH BLEND

Use this button to dislodge food or to give an extra second of blending. It is a great help. It saves time and also gives extra flexibility to your blending.

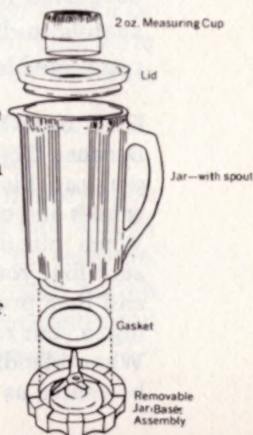
If Your Blender Has The Power Pitcher

MAKE CERTAIN THAT YOU:

1. Tighten the jar base and blade assembly securely before each use.
2. Disassemble, clean and dry the base and jar after each use.

DO NOT:

1. Use jars other than the Power Pitcher.
2. Place the jar base and blade assembly on the blender without jar being completely assembled.



DO'S AND DON'TS

DO:

1. Keep your Blender on the kitchen counter within easy reach.
2. Wash the Blender container after every use.
3. Always add liquid ingredients *first*, unless otherwise specified in the recipe.
4. Be sure the container and its cover are properly in place before you push the speed-control button.
5. Enjoy your Blender and use it often!
6. Start on speed 7 when blending heavy foods.

DON'T:

1. Put your Blender away in a cupboard.
2. Store food or beverages in the Blender container.
3. Use harsh abrasives to clean any part of your Blender.
4. Expect your Blender to beat egg whites, or grind fresh meat, or extract juice from fruits or vegetables, or crush large quantities of ice.
5. Overblend: Your Blender works in seconds, not minutes.

AND ESPECIALLY . . .

DO NOT remove container from base when motor is running.

DO NOT place container on base when motor is running.

DO NOT put hand in container when blades are turning.

DO NOT overload or force the motor to work when food is congested in the container. Press the OFF button and use a spatula to dislodge the food, or add a few drops of liquid and complete blending.

HOT BLENDING

Because the durable container is heat-resistant, you can blend even hot ingredients, e.g. for sauces and canning.

When blending hot ingredients, please make sure that you always start on the lowest speed and then progress to the desired speed according to your recipe.

When blending hot ingredients, the lid should be vented as shown.



GETTING STARTED!

WHIPPING CREAM

Whipping cream is just about the easiest task you can perform with the blender. Use heavy or medium cream. Make sure it is cold. Pour 1 pint into the container and add 1 table-spoons sugar. Cover. Press button 2. As soon as the blades reach full speed, remove cover and watch the cream blending. When the cream becomes thick and rich-looking, PRESS OFF. Remove the whipped cream with a rubber spatula. Notice that it is not airy and voluminous, but smooth and velvety and rich. That was easy—and it will never fail you. On warm days place blender container in refrigerator to chill before adding chilled cream—a low temperature helps whipping. Try it often!

NUTS AND CHIPS

Now quick as a flash you can chop nuts to desired coarseness in your blender. Drop the nut meats into the container one cup at a time. Cover. For coarse texture, press button 3 for 5 seconds. For finer texture press button 7 for 10 seconds. Use flash blend button to dislodge any nuts caught under the blade. Continue blending.

Are you grating chocolate chips for a topping on a cake or for use in a recipe? Drop one 6-ounce package of chocolate chips into container. Cover. Press button 8 for 10 seconds. Presto, it's done!

FROZEN CONCENTRATED JUICES

There's no need to thaw frozen juice any more. Simply open can, slide frozen juice into the blender container and add $\frac{1}{3}$ to $\frac{1}{2}$ of the water needed. Push button 4 for 15 seconds. When blending stops, add remaining water, and push button 5 for another 10 seconds. Your juice is not only reconstituted but aerated to give you flavor you never before knew.

SHRED VEGETABLES

DRY METHOD

Carrots, onions, celery or radishes can be shredded very easily in your blender. Here's how to do it. Remove the center section of the container cover and place the outer section on the container. Start blender by pressing button 7. Drop cut-up carrots, onion, celery stalks or radishes into blades as they turn.

WATER METHOD

When the blender container is half-filled with cut-up vegetables, add ice water until it is three-fourths full and press button 7 for 5 seconds. Pour the container contents into a colander and drain thoroughly. Repeat with more vegetables. The secret of this is cold water and thorough draining.

GRATE CHEESE

HARD CHEESE

No more broken fingernails on sharp graters. Cut cheese into one-inch cubes or small chunks. Place in the container. Cover. Press button 5 for 15 seconds. Be sure not to overload the container. A little at a time is easiest; it will go through the blades faster. Then empty and start again. If you want a finer grate, blend longer.

MEDIUM-SOFT CHEESE

To grate cheddar or Swiss cheese, add $\frac{1}{4}$ slice bread to $\frac{1}{2}$ cup diced cheese. Drop into container. Cover. Press button 5 for 5 seconds. Zip! It's done! The bread helps to absorb the moisture from the soft cheese as it grates.

CRUMBING BREAD

Bread crumbs are made easily and quickly. Use the same method for fresh or dry bread. Tear one slice of bread at a time into blender. Press button 5 for 5 seconds. Use flash blend button to release dry bread if it catches under blade. One slice yields approximately $\frac{1}{2}$ cup crumbs.

Appetizers Dips and Spreads



ANCHOVY SPREAD

- 2-ounce can anchovy fillets (or 1 dozen fillets)
- 2 tablespoons mayonnaise
- 3 tablespoons medium cream
- 1 slice medium onion
- $\frac{1}{4}$ teaspoon dry mustard powder
- 6-ounce package cream cheese ($\frac{1}{2}$ cup)

1. Put all ingredients except cream cheese into container. Cover.
2. Press button 7 for 10 seconds.
3. With motor running on speed 7, drop cut-up cheese into opening at top. Continue blending until smooth. Stop to push down with spatula if needed.

Yield: $1\frac{1}{4}$ cups

BACON AND HORSERADISH DIP

- $\frac{1}{2}$ cup cooked and crumbled bacon
- 1 tablespoon horseradish
- 1 cup dairy sour cream
- $\frac{1}{4}$ cup mayonnaise
- 1 slice medium onion
- 1 tablespoon parsley

1. Put all ingredients into container. Cover.
2. Press button 4 for 20 seconds or until smooth. Chill 1 hour.

Yield: $1\frac{1}{2}$ cups

A real favorite for chips and crackers, this dip can be used with fresh or cooked vegetables as well. Try it on baked potatoes, on sliced roast beef or on barbecue broiled steak.



BARBECUE DIP

- 1 cup creamed cottage cheese
- $\frac{1}{2}$ cup barbecue sauce or chili sauce
- 2 tablespoons horseradish sauce

1. Put all ingredients into container. Cover.
2. Press button 5. Blend 15 seconds. Use flash blend if needed.
3. Chill two hours.

Yield: 1 cup

Putting this dip together is easier than 1, 2, 3 and it's superb with chips or crackers. Flavor is enhanced when chilled at least 2 hours, but best when chilled overnight. Also try topping it with chips of cooked bacon, chopped celery.

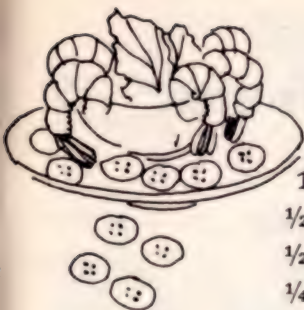
BLENDER-MADE BUTTER

- 1 cup heavy cream
- $\frac{1}{2}$ cup ice water

1. Put cream into container. Cover.
2. Press button 2, and blend until cream thickens around blades.
3. Keep motor running, and pour ice water through opening in top.
4. Press button 4, and blend 1 to 2 minutes longer until butter forms.
5. Turn into strainer to drain. Pack into butter mold or squares and chill.

Yield: $\frac{3}{4}$ cup

The secret to success is using cream a few days old and watching the blender at work.



SHRIMP SPREAD

- 1 cup cooked shrimp, cleaned
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{4}$ cup chopped green pepper
- 1 thin slice onion
- 2 tablespoons lemon juice
- 1 tablespoon horseradish
- $\frac{1}{4}$ teaspoon salt
- dash Tabasco

1. Place all ingredients in container. Cover.
2. Press button 7 for 30 seconds. Stop and use spatula, or use flash blend button to loosen mixture from blades if necessary.

Yield: $1\frac{1}{2}$ cups

SOUR CREAM SUBSTITUTE

(LOW-CALORIE)

- $\frac{1}{4}$ cup water, or milk
- 8 ounces creamed cottage cheese
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon salt

1. Put all ingredients into container. Cover.
2. Press button 5. Blend 30 seconds. Flash blend until creamy.

Yield: approximately 1 cup

You can use this just as you would regular sour cream. Add a sprig of parsley when blending if you plan it for baked potatoes.

Beverages



BANANA MALT FROSTED

- 1 cup milk
- 1 ripe banana, quartered
- 1 tablespoon malted milk powder
- 1 large scoop vanilla ice cream

- 1. Put all ingredients into container. Cover.**
- 2. Press button 5 for 15 seconds.**

Yield: 1 serving

CARROT COCKTAIL

- 1½ cups pineapple juice
- ½ cup crushed pineapple
- 4 carrots, small, cut up
- 1 teaspoon honey
- 3 ice cubes

- 1. Put everything but ice into container. Cover.**
- 2. Press button 6 for 5 seconds. While motor is running, remove center of cover and drop in ice cubes one at a time.**

Yield: 2 servings

LEMON ICE

- 5 cups crushed [cracked] ice
- 1 cup cold water
- 3 tablespoons concentrated lemonade

- 1. Put all ingredients into container. Cover.**
- 2. Press button 4 for 15 seconds.**

Yield: 3 servings



ALCOHOLIC DRINKS

BLOODY MARY

- 12 ounces tomato juice (1½ cups)
- 4 ounces vodka
- 4 tablespoons fresh lime juice
- ½ teaspoon salt
- dash or two celery salt
- ½ teaspoon Worcestershire sauce
- dash or two Tabasco
- ½ cup crushed ice

- 1. Put all ingredients into container. Cover.**
- 2. Press button 4 for 15 seconds.**

Yield: 4 servings

The perfect drink for a morning brunch. As a cocktail before dinner, add a stalk of celery with leaves left on to be a swizzle stick.

EGGNOG

- 3 eggs
- 1 cup milk
- ¼ cup sugar
- ½ cup brandy, rum, whiskey, sherry, or cognac
- 1 cup heavy cream
- ½ cup crushed ice

- 1. Put all ingredients into container. Cover.**
- 2. Press button 2 for 5 seconds.**

Yield: 4 servings

If you prefer warm eggnog, leave out the ice and warm the milk and cream, adding them slowly through the open top to make a creamier mixture. Sprinkle nutmeg on each serving.

FROZEN DAIQUIRI

- 3 ounces light rum
- 1½ tablespoons lime juice
- 1 tablespoon sugar
- 2 cups crushed ice

1. Put all ingredients into container. Cover.
2. Press button 8 for 50 seconds. As mixture freezes around blades, remove cover and carefully push crust downward with rubber spatula, or stop motor and stir down with rubber spatula. Start motor again, and continue to blend for desired consistency.

Yield: 2 servings



WHISKEY SOUR

- 2 tablespoons fresh lemon juice
- 1 teaspoon sugar
- 4 ounces whiskey
- 1 cup crushed or cracked ice

1. Put all ingredients into container. Cover.
2. Press button 4 for 15 seconds. Blend longer for more of the frothy top, if desired.

Yield: 2 servings

Garnish this classic drink with ½ slice fresh orange, ½ slice fresh lemon and 1 stemmed cherry. This recipe can easily be doubled in the blender container. To make in quantity, make ahead, using very little ice, and store in large pitcher in refrigerator. Pour over crushed ice when serving.

Breads

BANANA NUT BREAD



- 2½ cups flour, sifted
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup walnut meats
- 1 cup sugar
- ⅓ cup soft butter
- 1 egg
- 3 small bananas, cut up
- ½ cup milk

1. In medium-size bowl, mix together the flour, baking powder and salt. Set aside.
2. Put the walnut meats into container. Cover.
3. Press button 4 for 10 seconds. Add to the dry ingredients.
4. Put into container the sugar, butter, egg, bananas and milk. Cover.
5. Press button 8 for 15 seconds. Stop motor to push bananas down with spatula if necessary. Pour over dry ingredients and mix until ingredients are well moistened.
6. Pour batter into greased 9 by 5 by 3 loaf pan. Bake in preheated 350° oven for 1 hour. Cool on rack.

Yield: 1 loaf

Serve warm with butter or cream cheese. This marvelous and easy bread can be made ahead and frozen, sliced while still frozen and then toasted and spread with butter. It's great to have for unexpected guests.



BASIC MUFFIN

- 2 cups flour, sifted
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- 1 egg
- $\frac{1}{2}$ cup soft butter or margarine
- 3 tablespoons sugar

1. Mix together, in a medium size bowl, flour, baking powder and salt. Set aside.
2. Put remaining ingredients into container. Cover.
3. Press button 4 for 10 seconds or until well mixed.
4. Pour liquid mixture over dry ingredients in bowl. Stir until the dry mixture is moistened. Do not overmix.
5. Fill muffin papers in muffin tins $\frac{2}{3}$ full. Use well greased muffin tin if paper cups are not used.
6. Bake in preheated 400° oven for 20 to 25 minutes.

Yield: 1 dozen muffins

For variations: Add 4 strips crisp bacon to egg mixture before blending. Make banana muffins by adding 1 ripe banana. For spice muffins add to dry ingredients $\frac{1}{4}$ teaspoon cinnamon and $\frac{1}{8}$ teaspoon nutmeg. For date muffins add $\frac{1}{4}$ cup chopped and pitted dates to egg mixture after blending. Or create your own versions. These muffins can be frozen.

POTATO PANCAKES

- 3 cups cubed raw potatoes
- 2 eggs
- $\frac{1}{4}$ cup flour
- 1 small onion, quartered
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon baking powder

1. Wash, peel and cut up potatoes. Pat dry with paper towel.
2. Put all ingredients into container. Cover.
3. Press button 7 for 10 seconds. Use spatula to push potatoes down if necessary. Stop motor when using spatula, or use flash blend button to dislodge potato under blade.
4. Pour batter onto hot greased griddle, about $\frac{1}{4}$ cup for each pancake. Brown and turn once to brown other side.

Yield: 4 servings

POPOVERS

- 1 cup milk
- 3 eggs
- $2\frac{1}{2}$ teaspoons butter
- $\frac{1}{2}$ teaspoon salt
- 1 cup flour, sifted



1. Put all ingredients into container. Cover.
2. Press button 4 for 25 seconds. Stop motor to push down with spatula if necessary.
3. Pour into greased popover or muffin tins.
4. Bake in preheated 400° oven for 40 minutes and another 5 minutes if needed. Serve hot.

Yield: 12 popovers

Desserts

CAKES

CAKE MIXES

Use any packaged cake mix, except angel or sponge.

Liquid and eggs as specified on box.

1. Put liquid, eggs and $\frac{1}{2}$ the cake mix into container. Cover.
2. Press button 3 for 15 seconds. Stop motor to push down with spatula if necessary or use flash blend button.
3. Add remaining cake mix, cover, and press button 7 for 35 seconds. After adding cake mix, remove top of container and rapidly stir the top of batter with a spatula, being careful not to go down into the batter with the spatula. Stop motor to stir down into batter if necessary.
4. Bake as directed on package.

Yield: two 9-inch layers

Can you make a cake more easily? Rinse out your container and whip up your frosting just as easily while the cake is baking.



GRAHAM CRACKER NUT TORTE

- 1 cup blender-grated nut meats
- 2 cups blender-crumbed graham crackers (27 squares)
- 1 tablespoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup soft butter
- $1\frac{1}{2}$ cups sugar
- 3 eggs
- 1 teaspoon vanilla
- $1\frac{1}{2}$ cups milk

1. Put the nuts, crumbs, baking powder and salt into a mixing bowl. Set aside.
2. Put the remaining ingredients, except milk, into the container. Cover.
3. Press button 4 for 45 seconds. Remove center section of cover and pour milk in as motor is running. Pour this mixture over dry ingredients in the mixing bowl. Stir until mixed.
4. Turn batter into 2 greased 9-inch layer-cake pans. Bake in preheated 350° oven for 30 to 35 minutes. Cool.

Yield: one 2-layer cake

Be sure to use the 9-inch pans or, if you use smaller ones, lay foil under pans in oven for possible spillover. A torte must be cooled before removing from pan. Remove very carefully so as not to break it. Frost with whipped cream or creamy French mocha glaze.



SOUR CREAM CHEESE CAKE

Graham cracker crumb crust for 9-inch round by 2-inch high cake pan. Spring form is best.

2 eggs

$\frac{1}{2}$ cup sugar

2 teaspoons vanilla

$1\frac{1}{2}$ cups sour cream

1 wide strip orange rind, cut up

1 narrow strip lemon rind, cut up

1 pound (two 8-ounce packages) soft cream cheese, cut up

2 tablespoons melted butter

1. Put the eggs, sugar, vanilla, sour cream and orange and lemon rinds into the container. Cover.
2. Press button 8 for 15 seconds. Remove center section of cover. With motor still running, gradually add pieces of cream cheese and melted butter. Blend until smooth. Stop motor to push down with spatula if necessary.
3. Pour cheese mixture into crumb crust and bake in preheated oven at 325° for 35 minutes or until set in the center. Turn off heat and leave in oven for another 15 minutes. Remove and let cool on rack. When cool, place in refrigerator for 2 hours before serving. The cake is even better when it is allowed to chill overnight before serving.

Yield: one 9-inch cheese cake

A cheese cake can be served plain or with a topping of fruit frosting. This can be poured directly from the container if you use a prepared pie filling that is thickened.





COOKIES

PECAN FUDGE COOKIES

- 2 cups flour, sifted
- 2¼ teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup hot melted butter
- ¾ cup hot milk
- 3 ounces (squares) bitter chocolate, cut up
- 2 eggs
- 1 cup brown sugar
- ½ cup pecan nut meats, blender chopped
- 36 pecans, whole

1. Put the flour, baking powder and salt into a mixing bowl. Set aside.
2. Put the butter, milk and chocolate into the container. Cover.
3. Press button 4 for 15 seconds. Add egg and sugar and nut meats. Cover.
4. Press button 7 for 15 seconds, stopping to push down with rubber spatula if necessary. Turn out onto dry ingredients in mixing bowl. Mix well.
5. Drop by teaspoonfuls onto greased baking sheet. Press a pecan into center of each cookie. Bake in preheated oven at 375° for 15 minutes. Cool and remove to platter.

Yield: 3 dozen cookies

Fudgy and nutty, these cookies are favorites of children and grown-ups. They can be made ahead and frozen.

PIES AND PASTRIES

VANILLA CREAM PIE

- 2 tablespoons flour
- 2 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 3 egg yolks
- 1 teaspoon vanilla
- 1 tablespoon softened butter
- 2 cups hot milk

1. Put all ingredients except hot milk into container. Cover.
2. Press button 3 for 15 seconds. After 5 seconds remove center section of cover and start pouring in hot milk.
3. When all blended, pour mixture into saucepan and cook over low heat for 5 minutes or until thickened. Pour into 9-inch pie crust (crumb or pastry crust). Cool and serve cold.

Yield: one 9-inch pie



CHOCOLATE CREAM: Increase sugar to $\frac{3}{4}$ cup and add 2 squares unsweetened chocolate, diced. Add to ingredients in container.

BUTTERSCOTCH: Substitute $\frac{3}{4}$ cup brown sugar for the $\frac{1}{2}$ cup white sugar.

BANANA CREAM: Add sliced bananas. Lay slices on bottom crust. Add either vanilla or butterscotch cream filling to just cover. Lay another layer of banana slices, and pour remaining cream filling. Then garnish top with ring of banana slices. Top with whipped cream if desired.

PUDDINGS AND ICY TREATS

FROZEN FRUIT SHERBET



- 1 small can (6 ounces) frozen fruit juice concentrate (orange, lemon, etc.)
- 4 tablespoons sugar
- 3 heaping cups crushed ice

1. Put all ingredients into container. Cover.
2. Press button 8 for 50 seconds. As mixture freezes around blades, remove cover and carefully push crust downward with rubber spatula, or stop motor and stir down with rubber spatula. Start motor again, and continue to blend for desired consistency.
3. Spoon into dessert dishes and serve.

Yield: 4 servings

INSTANT PUDDING

- 2 cups cold milk
- 1 package instant pudding mix, any flavor

1. Put milk and pudding mix into container. Cover.
2. Press button 5 for 15 seconds or until all mix is dissolved.
3. Pour into individual dessert dishes. It jells in just minutes. Chill if desired.

Yield: 4 servings

You can have this dessert made from start to finish in 5 minutes. If you would like to improvise, add chopped nut meats in the last 2 seconds of blending, or add miniature marshmallows in the last second.

TOPPINGS

CREAM CHEESE FROSTING

- 4 tablespoons medium cream
- 1 teaspoon vanilla or lemon extract
- 6 ounces soft cream cheese
- 1 tablespoon soft butter
- 3 cups confectioners sugar

1. Put the cream, vanilla, cheese and butter into container. Cover.
2. Press button 8 for 15 seconds. Add 1 cup sugar. Cover.
3. Press button 6 for 30 seconds. Remove center section of cover. While motor is running, gradually add remaining sugar.

Yield: frosting for one 9-inch 2-layer cake

CREAMY MOCHA FUDGE TOPPING

- 1 small (6 ounces) package chocolate bits
- 8 tablespoons hot strong coffee
- 2 tablespoons softened butter
- 1 egg
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup confectioners sugar



1. Put all ingredients into container except hot coffee. Cover.
2. Press button 4 for 5 seconds. Remove cover and pour in hot coffee. Cover.
3. Press button 6 for 15 seconds. This will give you a very creamy texture. If you prefer a thicker frosting, add more confectioners sugar a tablespoon at a time to give texture desired. Blend as you add sugar.

Yield: Frosting for one 2-layer 9-inch cake

WHIPPED CREAM WITH VARIATIONS

1 pint heavy cream, very cold
1 tablespoon sugar

1. Chill container in the refrigerator for 15 minutes before blending.
2. Pour cream and sugar into cold container. Cover. Press button 2 for 5 seconds. Stop motor. With rubber spatula turn cream around lifting to allow air under cream. Cover. Press button 2 again for another 5 or 10 seconds. Stop and repeat as above, giving the cream extra air as it whips. Cream will whip in about 20 seconds and will be light and fluffy. Remove with rubber spatula.

Yield: 2 cups



MOCHA: Add to cream $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup cocoa, 1 tablespoon instant coffee, 1 teaspoon vanilla. Blend as above.

COCOA: Add to cream 2 tablespoons cocoa and 3 tablespoons confectioners sugar. Blend as above.

STRAWBERRY: Add to cream 3 drops red food coloring and 3 tablespoons strawberry jam. Blend as above.

PEPPERMINT: Add to cream 3 tablespoons confectioners sugar, 3 drops green food coloring, $\frac{1}{2}$ teaspoon peppermint extract. Blend as above.

GRAND MARNIER: Add to cream 2 tablespoons confectioners sugar, 2 ounces Grand Marnier. Blend as above.

Main Dishes

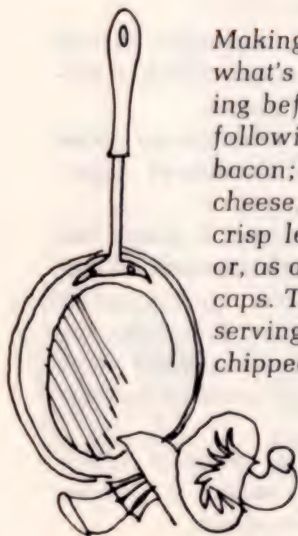
CHOPPED CHICKEN LIVERS

- 1 pound chicken livers
- 1 medium onion, sliced
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

1. Sauté liver and onions in butter. Cook until tender, 6 to 8 minutes. Cut livers into quarters. Cool.
2. Place liver and onions and 3 tablespoons of drippings in container. Add salt, pepper. Cover.
3. Press button 8 for 10 seconds. Add more of the drippings for smoother consistency if desired. Blend for another 10 seconds. For true chopped effect do not overblend.

Yield: $1\frac{1}{2}$ cups

Making chopped liver is now much easier and, what's more, you can create your own by adding before or during the blending any of the following: 1 hard cooked egg; 6 crisp strips bacon; 6 pitted ripe olives; $\frac{1}{4}$ cup cream cheese; $\frac{1}{4}$ cup slivered almonds. Serve on crisp lettuce or in scooped-out tomato shells or, as a real delicacy, in extra-large mushroom caps. Tuck these under the broiler just before serving and garnish with chopped onion or chipped bacon.



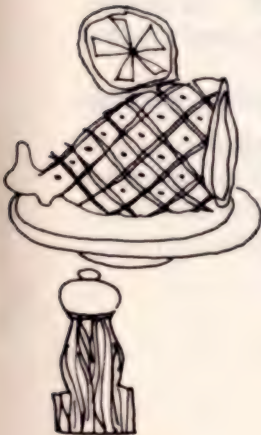
HAM SOUFFLE

- 4 tablespoons butter, softened
- 4 tablespoons flour
- 6 egg yolks
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon onion salt
- 1 8-ounce can deviled ham (or two $4\frac{1}{2}$ -ounce cans)
- 1 cup hot milk
- 6 egg whites, stiffly beaten with whisk or electric mixer

1. Put all the ingredients except egg whites into the container. Cover.
2. Press button 8 for 20 seconds.
3. Pour into saucepan and cook until thickened, stirring constantly. Let cool slightly.
4. Pour over egg whites, folding in as you pour slowly.
5. Turn into $1\frac{1}{2}$ quart greased souffle dish. Bake in preheated oven at 375° for 30 minutes. Serve at once.

Yield: 4 servings

An easy meal in a dish, and beautiful to look at. Complete menu with hot buttered bread (perhaps garlic bread), a crisp green tossed salad, cold light white wine.



QUICHE LORRAINE

- 9-inch pastry pie crust
- 6 crisply cooked strips bacon
- $\frac{1}{2}$ pound shredded or diced Swiss cheese
- $1\frac{1}{2}$ cups light cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon nutmeg
- dash white pepper
- $\frac{1}{2}$ cup diced ham
- 4 eggs
- 1 thin slice onion

1. Prepare pie crust.
2. Sprinkle the bacon and cheese on bottom of crust.
3. Put remaining ingredients into container. Cover.
4. Press button 8 for 10 seconds. Flash blend if onion needs more blending. Do not overblend.
5. Pour into pie crust over bacon and cheese. Bake in preheated oven at 350° for 30 minutes or until top is golden brown and mixture is set. Serve warm.

Yield: 6 servings

Vary this marvelous dish by substituting a 7-ounce can of flaked and drained crab meat for the bacon and have a crab quiche. Hot garlic bread, crisp green salad completes your meal. Don't forget the wine!



Salads and Dressings



AVOCADO RING SALAD

- 1 envelope unflavored gelatin
- $\frac{1}{2}$ cup hot water
- 1 medium avocado, peeled and diced
- 1 tablespoon lemon juice
- 1 cup sour cream
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon onion salt
- dash of ground pepper
- dash Tabasco
- $\frac{1}{2}$ cup mayonnaise

1. Place into container the gelatin and hot water. Cover.
2. Press button 3 for 20 seconds. Remove top and add remaining ingredients. Cover.
3. Press button 6 for 30 seconds. Stop motor and use spatula if necessary. Continue blending until smooth. Do not overblend.
4. Pour into 3-cup ring mold. Chill until firm.

Yield: 6 servings

Make this a complete meal by filling center with shrimp and mushroom salad, or for a hot summer day with fruit salad. Serve with blender-made dressing.

COLE SLAW

- 1 small head cabbage
- $\frac{1}{2}$ medium onion, quartered
- $\frac{1}{2}$ green pepper, seeded and quartered
- 1 small carrot, sliced
- $\frac{1}{2}$ cup dairy sour cream
- $\frac{1}{2}$ cup mayonnaise
- 2 tablespoons lemon juice
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 teaspoon dill seed



1. Remove core of cabbage and cut head into eighths. Put enough of the cabbage into the container to fill one half. Add water to cover cabbage. Cover.
2. Press button 4 for 5 seconds, or until coarsely chopped throughout. Empty into strainer to drain thoroughly. Repeat with remaining cabbage and the other vegetables until all are chopped. Drain very well in a colander. Place vegetables in bowl.
3. Put remaining ingredients into container to make the dressing. Cover.
4. Press button 2 for 15 seconds. Pour over chopped vegetables and toss to mix. Use rubber spatula to remove all dressing from container.

Yield: 5 servings

For variety add diced and drained pineapple to the chopped vegetables before adding dressing. Omit dill, and use celery seed instead.

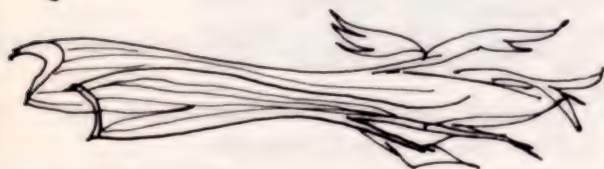
QUICK AND EASY TOMATO ASPIC

- 2 envelopes plain gelatin
- 2 tablespoons lemon juice
- $\frac{1}{2}$ small onion, quartered
- $\frac{1}{2}$ cup hot chicken broth
- 2 tablespoons Worcestershire sauce
- 4 drops Tabasco
- $\frac{1}{2}$ teaspoon celery salt
- 2 cups tomato juice
- 1 cup crushed ice

1. Put into container gelatin, lemon juice, onion and chicken broth. Cover.
2. Press button 3 for 20 seconds. Add Tabasco, Worcestershire sauce and celery salt. Cover.
3. Press button 2 for 25 seconds. After 5 seconds remove cover and add tomato juice and ice. Cover and continue to blend.
4. Pour into 4-cup ring mold and chill for 10 minutes. Unmold when firm.

Yield: 8 serving wedges

Garnish the platter with wedges of lemon and sprigs of parsley. Fill center of mold with cooked mixed vegetables for a complete salad plate. Serve blender-made mayonnaise and delight everyone.



FRUIT DRESSING

- 3-ounce package cream cheese
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ cup crushed pineapple
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 thin slice orange peel
- $\frac{1}{4}$ cup heavy cream

1. Put all ingredients into container. Cover.
2. Press button 6 for 15 seconds. Flash blend if cream cheese becomes lodged under blade. Blend another 10 seconds for creamier effect.

Yield: $\frac{3}{4}$ cup

Particularly good over a fruit salad, or over crisp garden vegetables.



ROQUEFORT DRESSING

- $\frac{1}{2}$ cup crumbled Roquefort cheese
- $\frac{3}{4}$ cup salad oil
- $\frac{1}{4}$ cup wine vinegar
- 2 shallots (or 1 small green onion, quartered)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- $\frac{1}{4}$ teaspoon dry mustard
- 1 jigger (1 ounce) Madeira wine or favorite brandy



1. Place all ingredients in container. Cover.
2. Press button 4 for 10 seconds.

Yield: $1\frac{1}{4}$ cups

SUPREME MAYONNAISE

- 1 egg
- 2 tablespoons vinegar or lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon dry mustard
- 1 cup salad oil

1. Put egg, lemon juice, salt and mustard into container. Cover.
2. Press button 3 for 60 seconds. After first 5 seconds remove center section of cover of container and start to pour salad oil into container while blades are rotating. Stop motor to use spatula if needed. All oil should be completely blended into a creamy mixture.

Yield: $1\frac{1}{4}$ cups

HOLLANDAISE SAUCE

- $\frac{1}{4}$ pound sweet butter
- 3 egg yolks
- 2 tablespoons lemon juice
- dash cayenne pepper
- $\frac{1}{2}$ teaspoon salt

1. In a saucepan heat butter until very hot; do not brown.
2. Put the egg yolks, juice and seasonings into the container. Cover.
3. Press button 4. As blades reach full speed, remove center section of cover and slowly pour hot butter into blades. Sauce will begin to thicken as you pour.

Yield: $\frac{3}{4}$ cup



BASIC WHITE SAUCE

- 2 tablespoons softened butter
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- dash white pepper
- 1 jigger dry sherry (optional)
- 2 cups hot milk

1. Put all ingredients into container except milk. Cover.
2. Press button 4 for 20 seconds. As soon as blades reach full speed, remove center section of cover and gradually pour in hot milk.

Yield: 2 cups sauce

CREAM SAUCE: Substitute cream for milk in basic sauce.

MEDIUM SAUCE: Use 3 tablespoons butter and 3 tablespoons flour instead of 2.

THICK BASIC SAUCE: Use 4 tablespoons butter and 4 tablespoons flour instead of 2 as in thin sauce.

CHEDDAR CHEESE SAUCE: Add $1\frac{1}{2}$ cups diced cheese to final thin sauce while in container and blend on button 6 for 20 seconds longer. **Yield: 3 cups sauce.**

MUSHROOM SAUCE: Add 8-ounce can cooked mushrooms to thick white sauce at end of blending while sauce is in container. Blend on button 7 for 5 seconds. **Yield: 3 cups sauce.**

MORNAY SAUCES: Add 4 tablespoons grated Swiss or grated Parmesan cheese to either thick or thin sauce while in container and blend on button 4 for 10 seconds longer.

MEAT SAUCE FOR SPAGHETTI

- 2 tablespoons olive oil
- 1 pound ground beef
- 1 pound can tomato puree
- 1 6-ounce can tomato paste
- 1 teaspoon salt
- 2 cloves garlic
- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{4}$ teaspoon rosemary
- 2 or 3 bay leaves, crumbled
- $1\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup red wine

1. In a large skillet brown the beef in olive oil. Set aside.
2. Place all remaining ingredients except water into the container. Cover.
3. Press button 8 for 20 seconds. After 10 seconds remove center section of cover and gradually add water until container is $\frac{3}{4}$ full. Keep any remaining water for addition to sauce as it thickens while cooking.
4. Pour sauce over meat. Simmer for a minimum of 30 minutes and add leftover water when needed. Stir occasionally. This sauce can simmer for 2 hours if you prefer. Check for seasoning, add salt if desired.

Yield: 4 cups sauce

Now working wives can come home and have excellent sauce made in minutes.



Soups

BORSCHT

- 1 cup cooked, diced beets
- 1½ cups dairy sour cream
- 1 thin slice lemon, peeled and seeds removed
- ½ small onion
- ½ teaspoon salt
- 1 cup crushed ice

1. Put all ingredients except crushed ice into container. Cover.
2. Press button 8 for 12 seconds.
3. Remove cover and add ice. Cover and press button 8 for 10 seconds or until smooth and creamy. Chill for one hour if desired.

Yield: 6 servings

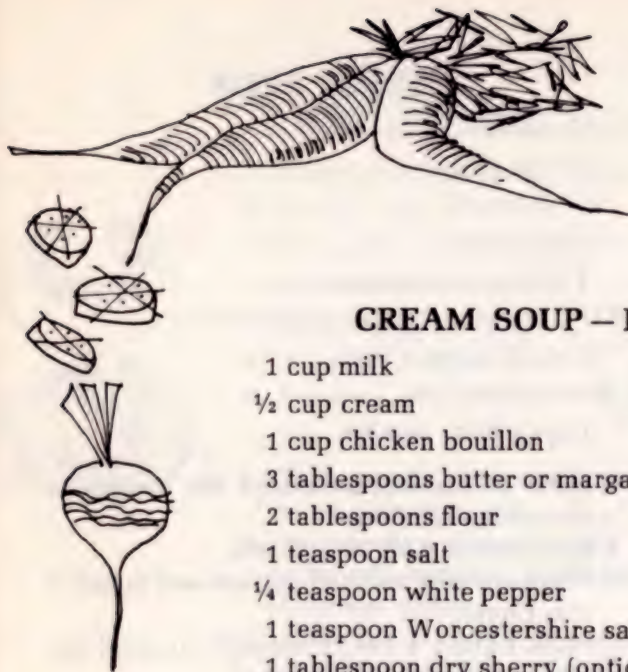
CARROT SOUP

- 1½ cups carrots, cut up, canned or cooked
- ½ cup milk
- ½ cup cream
- 1 cup chicken broth
- ½ small onion, sliced
- dash nutmeg
- dash cinnamon
- 1 tablespoon brown sugar or honey
(optional)



1. Put ingredients into container. Cover.
2. Press button 3 for 20 seconds. Stop motor and use spatula if needed. Press button 6 for 15 seconds or until creamy.
3. Pour mixture into saucepan and heat well.

Yield: 5 servings



CREAM SOUP — BASIC

- 1 cup milk
- $\frac{1}{2}$ cup cream
- 1 cup chicken bouillon
- 3 tablespoons butter or margarine
- 2 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- 1 teaspoon Worcestershire sauce
- 1 tablespoon dry sherry (optional)
- 1 cup of any of the following: cooked broccoli, asparagus, cauliflower, lima beans, corn, green beans or mixed vegetables, sliced raw or cooked carrots.

1. Put all ingredients into container. Cover.
2. Press button 4 for 30 seconds. Stop motor and push down with spatula if necessary. Blend longer if smoother consistency is desired.
3. Empty into saucepan and heat until hot, about 5 minutes.

Yield: 5 servings

Cream soups are marvelous for leftovers. Sherry can be added before blending or just before serving.

OYSTER STEW



- 1 7½-ounce can oysters
- 1½ cups milk
- ½ cup cream
- ⅓ cup flour
- 4 tablespoons butter
- 1½ teaspoons Worcestershire sauce
- ½ small onion, sliced
- 1 teaspoon salt
- 1 sprig fresh parsley

1. Place all ingredients except the oysters in the container. Cover.
2. Press button 7 for 20 seconds.
3. Remove cover and add oysters and liquid in can. Cover.
4. Press button 3 for 10 seconds or until the oysters are coarsely chopped.
5. Pour mixture into saucepan and heat, stirring until thick and smooth.

Yield: 5 servings

VICHYSOISE

- 1½ cups cooked potatoes, diced or mashed
- 1 medium onion, quartered
- 1½ cups chicken broth (from can or cubes)
- ¾ cup medium or heavy cream
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¾ cup crushed ice

1. Put all ingredients into container. Cover.
2. Press button 8 and blend for 30 seconds or until smooth and creamy.

Yield: 6 servings

Vegetables

BAKED STUFFED MUSHROOMS

12 mushrooms, medium to large caps

$\frac{1}{4}$ cup olive oil

4 tablespoons butter, softened

2 slices bread

$\frac{1}{4}$ teaspoon garlic salt

$\frac{1}{4}$ teaspoon oregano

$\frac{1}{4}$ teaspoon basil

1 bay leaf



1. Wash, pat dry and remove stems of mushrooms. Set caps aside.
2. Put the oil, 1 slice of bread torn in pieces, garlic salt, oregano, basil and bay leaf into container. Cover.
3. Press button 5 for 5 seconds. Tear into pieces the remaining slice of bread.
4. Push button 6 for 35 seconds, remove center section of cover and with motor running drop in torn bread and mushroom stems, stopping to push mixture down with rubber spatula if necessary.
5. Melt butter in skillet, add mushroom mixture and sauté for 5 minutes. Stuff caps with sautéed mushroom mixture.
6. Set caps into shallow pan that is well greased or has thin layer of beef broth so that caps will not stick during baking. Bake in preheated oven at 375° for 12 to 20 minutes.

Yield: 4 servings

This recipe can easily be doubled and you can improvise by adding chopped onions, bacon, grated cheese, or more seasonings.



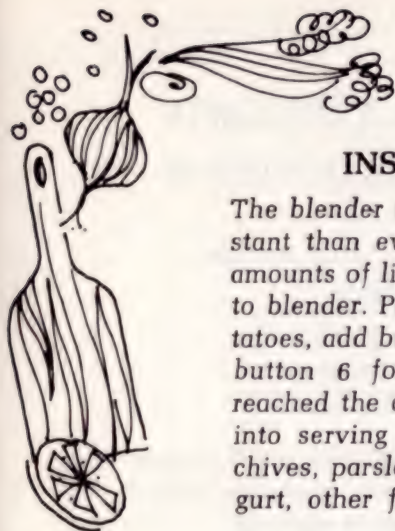
GREEN BEANS SUPREME

- 1 package frozen green beans, any style
- $\frac{3}{4}$ cup olive oil
- 3 tablespoons wine vinegar
- $\frac{1}{2}$ teaspoon salt
- freshly ground black pepper to taste
- $\frac{1}{4}$ teaspoon basil
- $\frac{1}{2}$ teaspoon oregano
- 1 bay leaf
- $\frac{1}{4}$ teaspoon garlic salt
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{1}{3}$ cup pignoli nuts (pine nuts)

1. Cook green beans according to directions on package. Drain.
2. Put remaining ingredients except nuts into container. Cover.
3. Press button 6 for 10 seconds. Pour into 10-inch skillet.
4. Place green beans in skillet and sauté in marinade until heated throughout. Sprinkle pignoli nuts over beans, and turn into serving dish. Serve hot or refrigerate and serve cold.

Yield: 4 servings

Beans will taste better than ever. Serve cold with barbecued steak. Vary the taste by substituting Roquefort cheese and bacon chips for the Parmesan cheese and pignoli nuts.



INSTANT POTATOES

The blender makes instant potatoes more instant than ever. Check back of package for amounts of liquid to add. Heat liquid and add to blender. Pour in proper amount of dry potatoes, add butter and salt to taste, and press button 6 for 15 seconds or until you have reached the consistency you prefer. Turn out into serving dish—that's it. Vary by adding chives, parsley, sour cream, horseradish, yogurt, other flavorings you like.

POTATO PUFF

- ½ cup milk or light cream
 - 3 eggs
 - 1 sprig parsley or ½ teaspoon parsley flakes
 - 1 small onion, quartered
 - ½ green pepper, sliced and seeded
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - ⅓ cup butter, melted
 - 1 cup diced cheddar cheese
 - 3 medium potatoes, peeled, diced and dried
1. Put all ingredients except potatoes into container. Cover.
 2. Press button 8 for 15 seconds. After first 5 seconds remove center section of cover and add potatoes gradually.
 3. Pour mixture into buttered casserole (1½ quart) and bake in preheated 350° oven for 55 minutes.

Yield: 4 servings

Specialties of the Blender

DIETER'S DELIGHTS

CHOCOLATE MOUSSE

- 3 egg yolks
- 2 squares (2 ounces) bitter chocolate
- 3 tablespoons hot water
- 1 tablespoon liquid sweetener
- 1 teaspoon rum flavoring
- 3 egg whites, stiffly beaten

1. Put chocolate, cut into small pieces, with water and rum into container. Cover.
2. Press button 6 for 40 seconds.
3. Remove cover, pour in egg yolks, cover, and continue to blend for another 20 seconds.
4. Fold chocolate mixture into stiffly beaten egg whites. Spoon into dishes. Chill.

Yield: 4 servings (100 calories per serving)

COTTAGE CHEESE DIP

- 1 cup cottage cheese, creamed
- 1 thin slice onion
- 1 strip green pepper, seeded
- $\frac{1}{4}$ teaspoon garlic salt
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon celery salt
- ground pepper to taste
- 1 teaspoon Worcestershire sauce
- dash Tabasco sauce

1. Put ingredients into container. Cover.
2. Press button 6 for 10 seconds.

Yield: $1\frac{1}{4}$ cups

(about 10 calories per tablespoon)



INSTANT NONFAT MILK

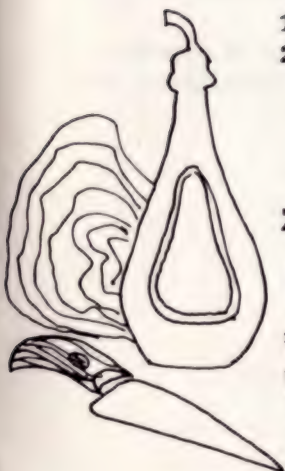
- 1 to 3 cups cold water
- $\frac{1}{3}$ to $1\frac{1}{3}$ cups nonfat dry milk
- 1 to 3 ice cubes

1. Put water, dry milk powder and ice cubes into container. Cover.
 2. Press button 8 for 10 seconds.
 3. Drink immediately or store in refrigerator.
- Yield: 1 cup to 1 quart (80 calories per cup)

MAPLE WHIP

- $\frac{1}{2}$ cup evaporated skim milk
- 1 teaspoon artificial sweetener
- 1 teaspoon maple extract

1. Put ingredients into container. Cover.
 2. Press button 6 for 30 seconds or until mixture thickens.
- Yield: $1\frac{1}{2}$ cups (approximately 75 calories)



ZIPPY TOM-TOM SALAD DRESSING

- 1 cup tomato juice
- 2 tablespoons lemon juice
- $\frac{1}{2}$ small onion, quartered
- $\frac{1}{2}$ teaspoon garlic powder or salt
- 2 teaspoons horseradish
- dash Tabasco

1. Put all ingredients into container. Cover.
 2. Press button 6 for 10 seconds.
- Yield: 2 cups (1 calorie per teaspoon)



BABY FOODS

FRUITS

Blending fruits for the baby is very easy and your little one will learn to enjoy grown-up foods from the very beginning. No processing is involved that might change the flavor. A baby will graduate from blended fruits to chopped to regular without a problem. Only the texture and consistency changes from smooth to crunchy as he grows.

This is the simple way to prepare fruit:

- 1. Put $\frac{1}{2}$ cup fruit plus a small amount liquid into container.**
- 2. Cover and press button 6 for 10 seconds or longer depending on the consistency you desire.**
- 3. Serve!**

Try these combinations:

APPLE

- 2 tablespoons apple juice
- $\frac{1}{2}$ cup diced unpeeled apple

APRICOT

- 2 tablespoons orange juice
- $\frac{1}{2}$ cup pitted apricots
- 2 teaspoons sugar

BANANA

- 2 tablespoons pineapple or orange juice
- 1 banana sliced



VEGETABLES

There is no need to cook special vegetables for baby. Select vegetables from your family meal and put them into the blender for the texture and consistency your little one can eat. He will graduate from smooth texture to regular with ease, needing no adjustment to flavor change as he grows. These foods are good for him, easy for you.

GENERAL DIRECTIONS

Cook vegetable as you would for family. Cook until tender, not overly soft. Lightly salted cooking water is best. Put cooked vegetable into container and add about $\frac{1}{4}$ cup water in which vegetable was cooked. Cover container. Press button 6 for 50 seconds. Leftovers can be reheated if necessary by putting in pan over hot water or in automatically heated baby dish. Amount of cooked vegetable to place in blender for 1 baby serving:

- $\frac{3}{4}$ cup sliced asparagus
- $\frac{3}{4}$ cup lima or sliced green beans
- $\frac{3}{4}$ cup drained beet greens or spinach
- $\frac{3}{4}$ cup diced carrots
- $\frac{3}{4}$ cup shelled peas
- $\frac{3}{4}$ cup diced sweet potato

As baby grows, cut back on blending time to create a chopped vegetable instead of purée. Then add some seasonings as he or she likes.

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